

## **Content-analysis confounding factors in sport activities of powerlifters**

Ljdokova G., Volkova K.

*Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia*

---

### **Abstract**

In this research the profound analysis of the distress factors in sports activity of powerlifters is submitted. In the course of the training and competitions the athlete is influenced by the circumstances interfering optimum sports activity. For carrying out the qualitative analysis of the distress factors for powerlifters we have studied statements comments of athletes and empirical results of our previous researches on definition of priority positions of the distress factors in training and competitive activities are used. As methods for this work the analysis of scientific literature on a research problem, observation, poll, the content analysis are used. Taking into account the results of a research received earlier oral and written poll of the leading Russian athletes-powerlifters is organized (n = 31; men of n = 14, women of n = 17). The content analysis of the distress factors is submitted taking into account gender differentiation as results of the analysis of men's and female questionnaires have shown distinctions in assessment of the distress factors. As respondents winners of the World games, world champions and Europe, champions of the international and national competitions, owners of sports ranks "Honored Master of Sports of Russia", "Master of Sports of Russia of the International Class" and "Master of Sports of Russia" have acted. Experience of the athletes having high sporting achievements on the Russian and international scaffold bears in itself important information for athletes, their trainers, organizers of sports competitions, the International federation of powerlifting. The received results submit the developed characteristic of the priority distress factors in training process and at competitions. The prospect of researches seems authors in development of recommendations for trainers on psychological training of athletes-powerlifters. Similar need is staticized by the need for psychological support of the athlete who not always has a possibility of the address to the expert.

---

### **Keywords**

Competition, Powerlifter distress factors, Powerlifting, Sports psychology, Training activity